



# Hinduism and Buddhism

SSWH2b

Explain the development and impact of Hinduism and Buddhism on India and the diffusion (spread) of Buddhism

# Hinduism

## *The Avatars of Vishnu*



## ***Focus Words***

*Copy down these Focus Words at the top of your notes.*

*We will not define these words at this time.*

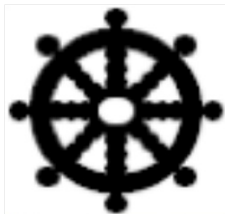


***Reincarnation***  
***Karma***  
***Moksha***  
***Siddhartha Guatama***  
***Enlightenment***  
***Nirvana***  
***Four Noble Truths***

*These will be words that we will **Focus** our attention on.*



*Essential Question –  
How did Buddhism  
and Hinduism **develop**  
and **spread** across  
Asia?*



# How To Study Belief Systems

## Abrahamic Religions - From Abraham

- Christianity
  - Catholic
  - Greek Orthodox
  - Protestant
- Islam
  - Sunni
  - Shiite
  - Sufi
- Judaism
  - Orthodox



## Dharmic Religions - Natural order

- Hinduism
- Buddhism
  - Theravada
  - Mahayana
  - Zen
- Jainism
- Sikhism

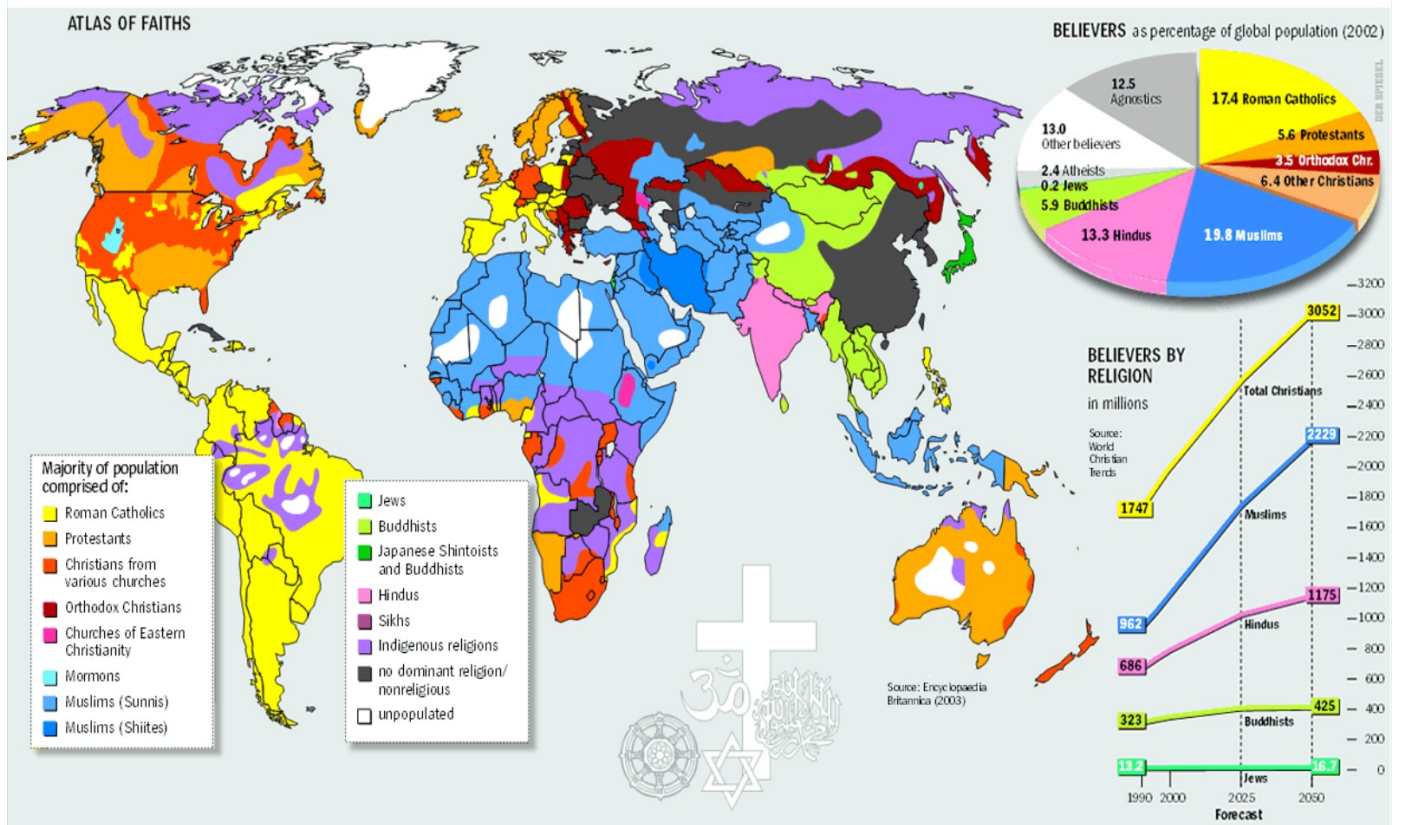


## Other Religions

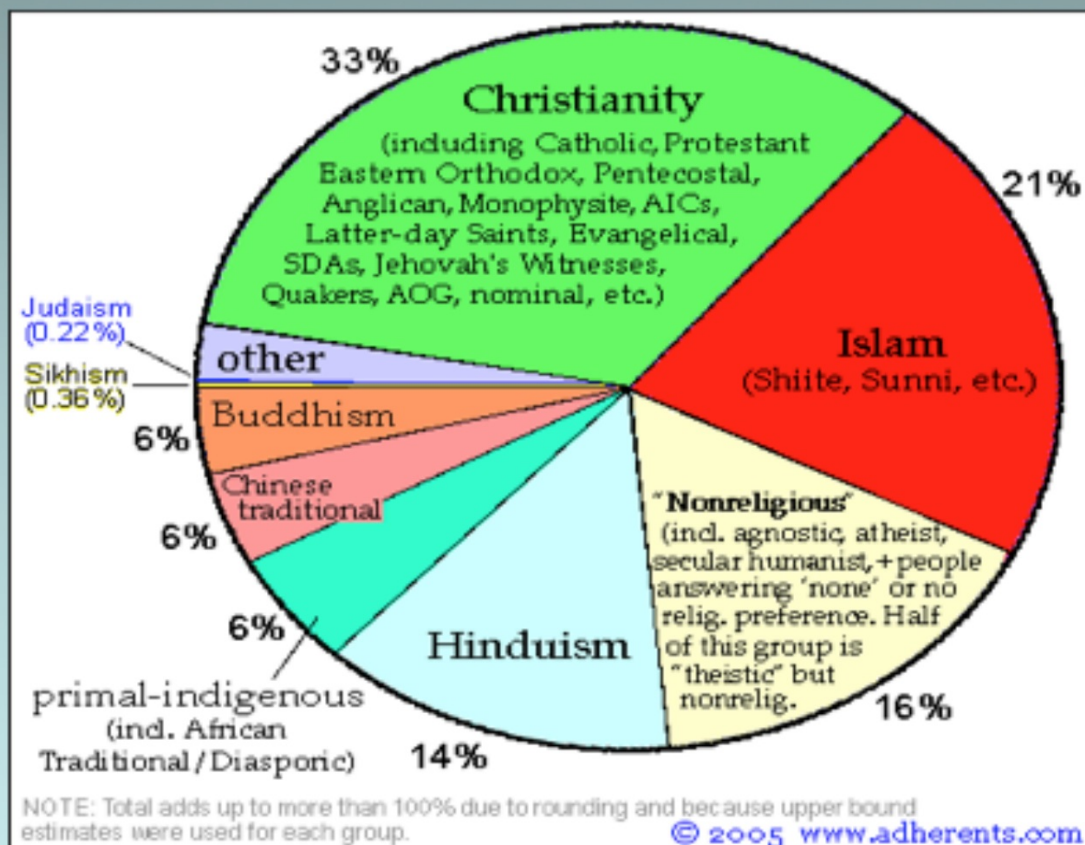
- Confucianism
- Daoism
- Shintoism
- Paganism
- Animistic
- Agnosticism



# Religions of the World



# Percentage of Religions Adherents Around the World

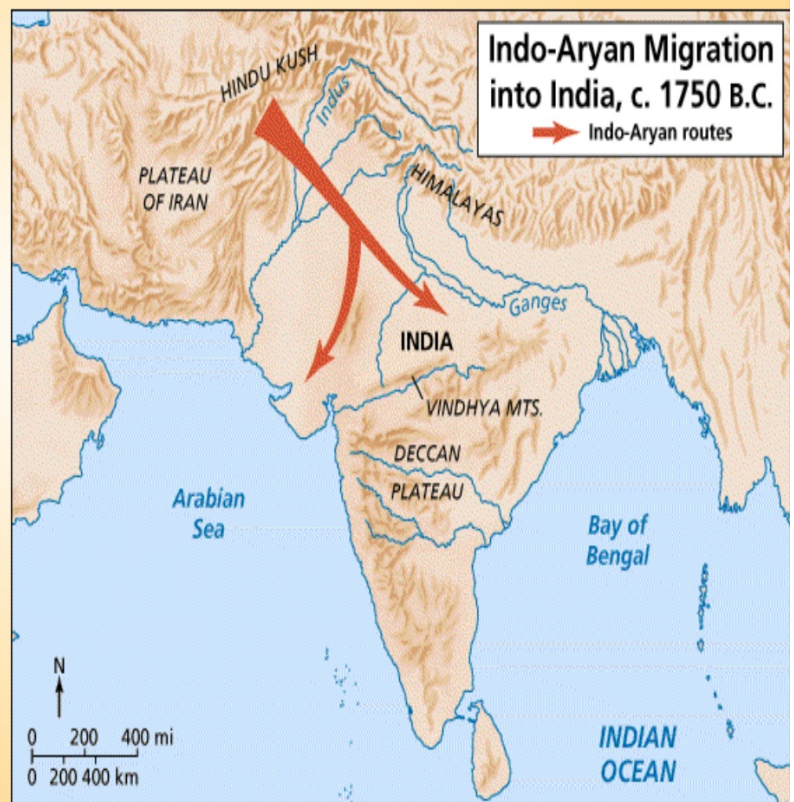


## *Who were the early settlers of India?*

*Aryans came from the mountains east of the Caspian sea and settled in the region of India.*

*They settled among the darker-skinned non-Aryan peoples and brought with them their beliefs and their ideas about social structure (caste)*

*They were polytheistic*



# Caste System

*"Jati" - Subcastes  
(occupation)*

*Preists*

**Brahmins**

*Warriors/Rulers*

**Kshatriyas**

*Peasants/traders*

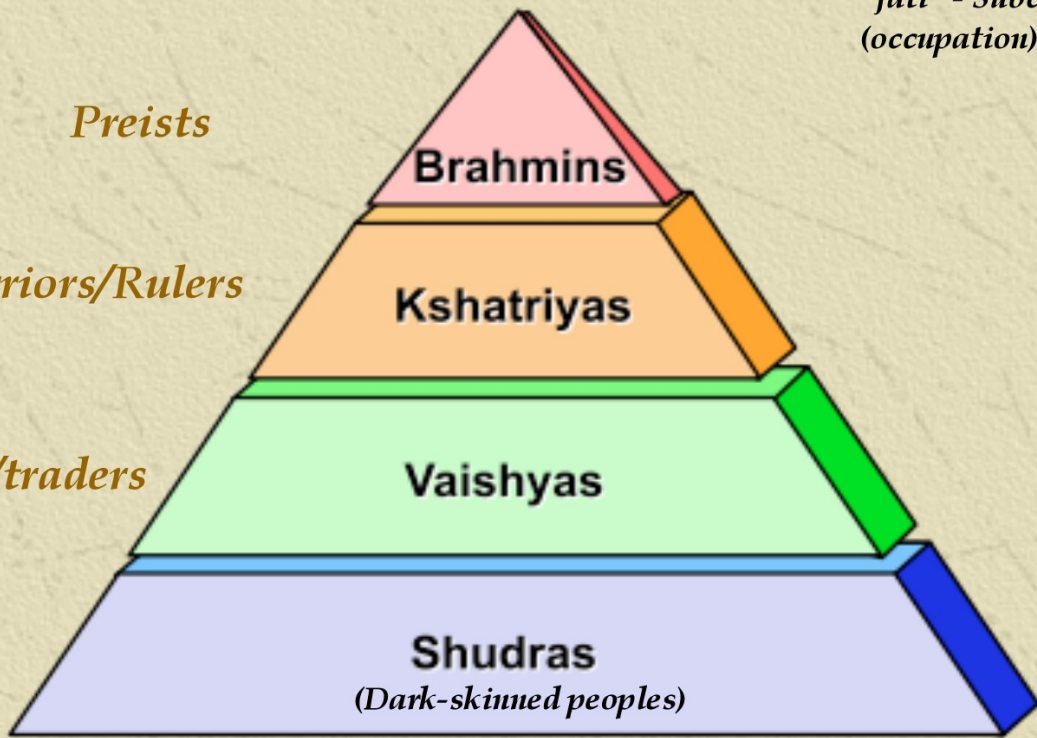
**Vaishyas**

*laborers*

**Shudras**

*(Dark-skinned peoples)*

**Pariahs [Harijan] → Untouchables** *(Butchers,  
Street cleaners)*

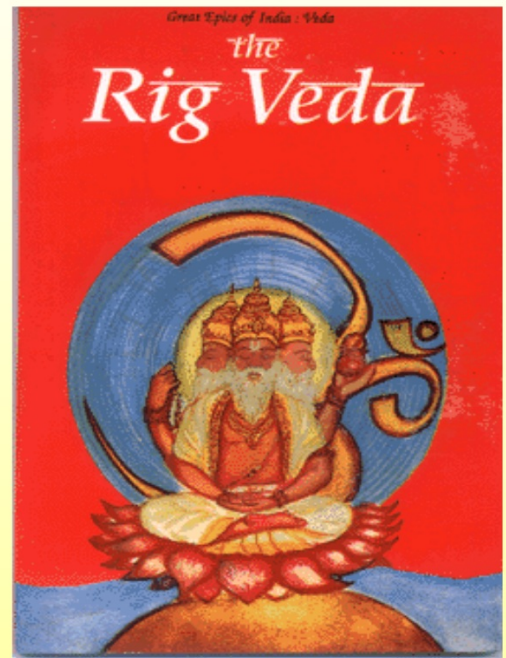


## *The Vedas - Sacred text of Aryans*

*Four collection of prayers, magical spells, and instructions for performing rituals.*

*Rig Veda - the most important contains 1028 hymns to Aryan gods*

*No written text for many years - they were passed down orally*



<http://www.historyforkids.org/learn/india/religion/rigveda.htm>

*click link*

*What is Hinduism and  
where did it come from?*

*Read a "Chunk" on page 66*

***Essential Question: What is Moksha?***

***Read a Chunk on top of pg. 67***

***Write a detailed explanation of the relationship between Moksha, Karma, and reincarnation.***

# HINDUISM- Sacred Sound

- ***The Sound Aum*** (also **Om**) is a mystical or sacred syllable in the Hindu, Jain and Buddhist religions.
- It is often used in prayer.
- It is placed at the beginning of most Hindu texts as a sacred exclamation to be uttered at the beginning and end of a reading of the Vedas



## Karma, Reincarnation and the Caste System...What's the Deal

---

The relationship between Karma, Reincarnation and the Caste System is based around the belief that one's place in this life is directly related to one's Karma.

**So, if a person is in a lower class whose fault is that?**

# Brahma

## ✧ Creator God

Brahman is the unchanging, infinite, immanent, and transcendent reality which is the Divine Ground of all matter, energy, time, space, being, and everything beyond in this Universe.



# Shiva

Destruction and  
Fertility

Shiva is  
responsible for  
change both in the  
form of death and  
destruction and in a  
positive sense by  
the shedding of old  
habits



## Vishnu

### Great Preserver

---

Responsible for the preservation of the universe. All-Pervading essence of all beings, the master of and beyond the past, present and future, the creator and destroyer of all existences, one who supports, sustains and governs the Universe and originates and develops all elements within.



# The Avatars of Vishnu

---

Throughout Indian history it is believed that Vishnu has returned to earth as different avatars to help humanity.

## Avatars of Vishnu

1. Lord Vishnu in a fish form
2. Lord Vishnu as a tortoise
3. Lord Vishnu as a boar
4. Lord Vishnu as Narasimha
5. Lord Vishnu as Vaman
6. Lord Vishnu as Parasurama
7. Lord Vishnu as Rama
8. Lord Vishnu as Kalki
9. Lord Vishnu as Sri Krishna
10. Lord Vishnu as Buddha

# Vishnu

✠ *Avatar*  
(incarnation)

◆ Krishna

Known as the Butter Thief

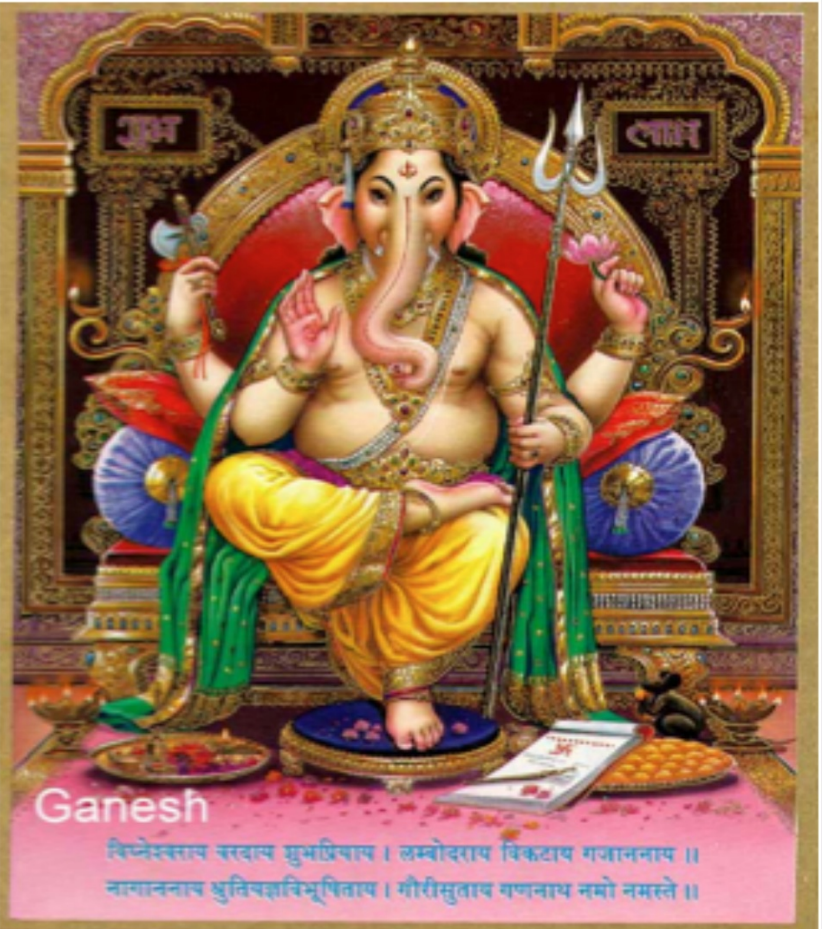


## Ganesha

Remover of Obstacles

One of the  
best-known  
and most  
worshipped  
deities in the  
Hindu

Helps remove  
problems in one's  
path, but also places  
obstacles in the path  
of people who need  
to be checked



# Holiest City of Hinduism



- ✚ The holiest city of Hinduism is Varanasi or Kasi.
- ✚ Located on the River Ganges regarded as holy by Hindus, Buddhists and Jains, and one of the oldest continually inhabited cities in the world.
- ✚ It is located in India and has a population of 1,211,749.

# Ganges River



## At the Banks on the Ganges



## Bathing in the Ganges River



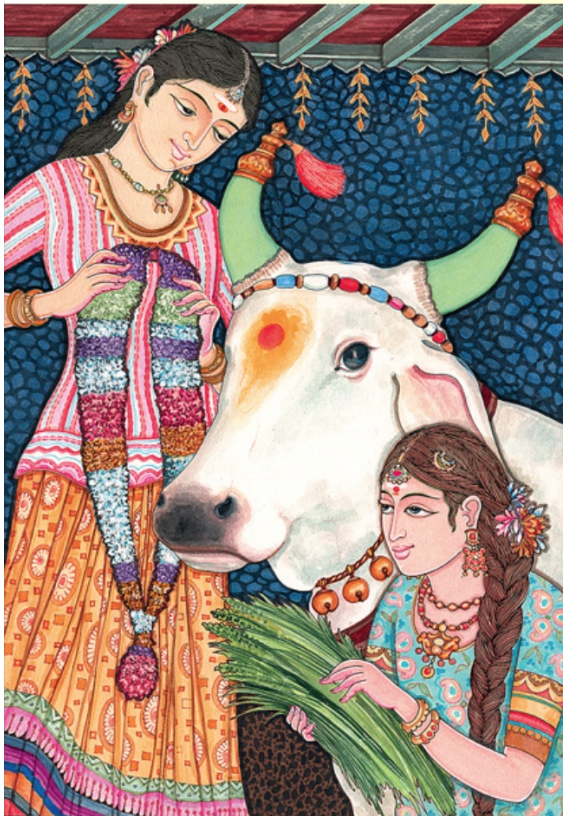
## On the Banks of the Ganges







## "Holy Cow"



Cows were once slaughtered as a part of Hindu culture.

The practice died out through the years partly because of the usefulness of the cows milk and dung.

Some argue that the influence of Jainism (strict vegetarians) played a part in the change.

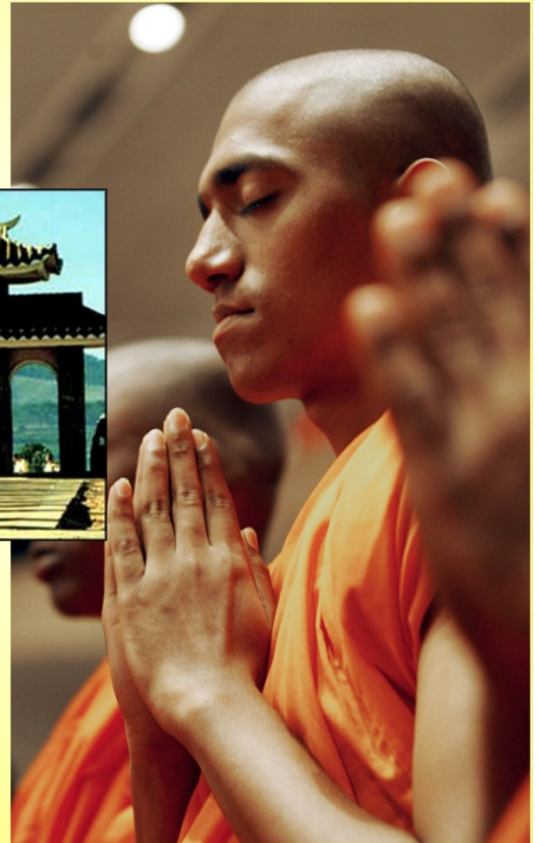
To kill a cow eventually was thought of along the same lines as killing a Brahmin (priest)

**Gopastami** - a holiday celebrated once a year where the cow is washed, decorated and honored. (otherwise, they roam the streets and eat out of garbage bins frequently)





# Buddhism



## **Siddhartha Gautama (563-483 B.C.E.)**

pg. 68

**Investigate:**

- Who he was?
- What was his quest?
- What did he find out?





# The Four Noble Truths

When he awoke, Siddhartha Gautama no longer existed. He was now The Buddha or "The Enlighten One"

## The Four Noble Truths

All of Life is Suffering and Sorrow

Suffering and Sorrow are Caused  
by Desire for Worldly Things

The Way to End All Suffering  
and Sorrow is to End All Desire

To Overcome Desire and Attain  
Enlightenment One Must Follow  
the Eight-Fold Path



**What is the  
fundamental cause of  
all suffering?**

**Desire!**

Extinguish the self, do not obsess  
about oneself and about the  
physical world.



# **Four Noble Truths**

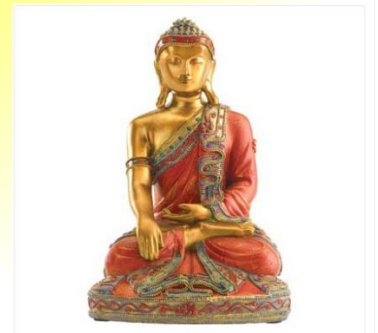
**The Solution is to  
Eliminate Desire and  
Attachments to the  
Physical World.**

**Nirvana = Extinction**

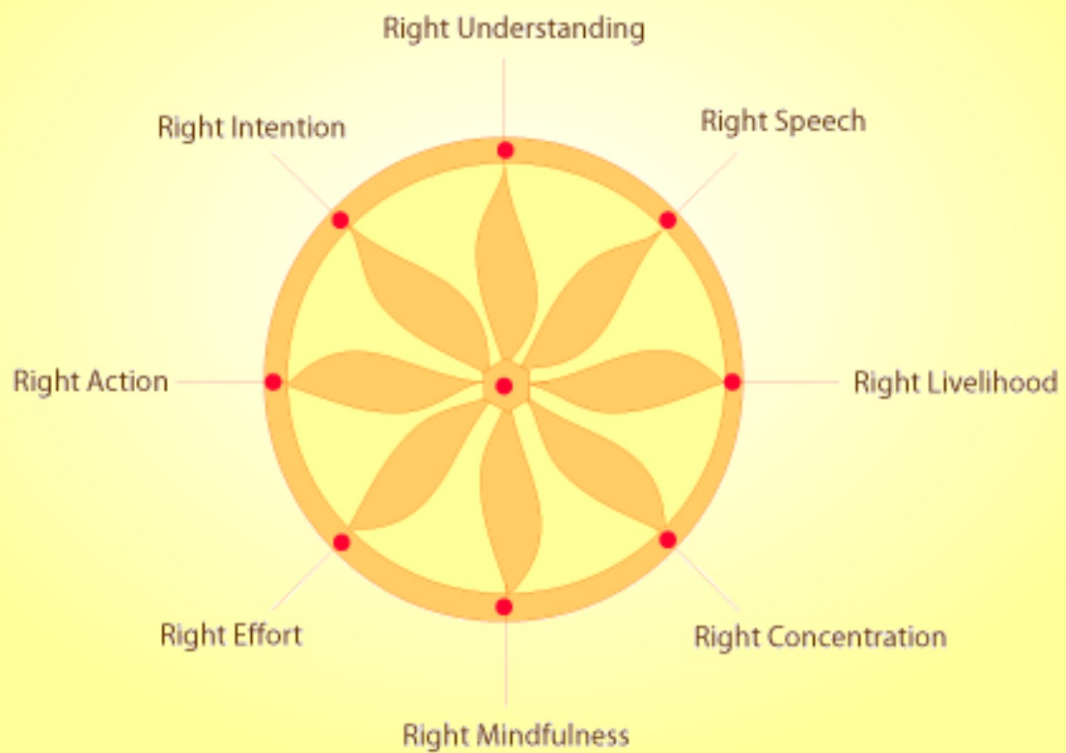
**Nirvana is the End of the Cycle of Reincarnation**

**The End of the Self**

**Class response: How must one end desire's?**



## The Eightfold Path





# Eightfold Path



## Nirvana

Similar to Moksha in Hinduism

The union with the ultimate spiritual reality.

Escape from the cycle of rebirth.

# Mandala









## **Types of Buddhism**

- ✿ **Theravada Buddhism**
- ✿ **Mahayana Buddhism**
- ✿ **Tibetan Buddhism**
- ✿ **Zen Buddhism**



## Theravada Buddhism

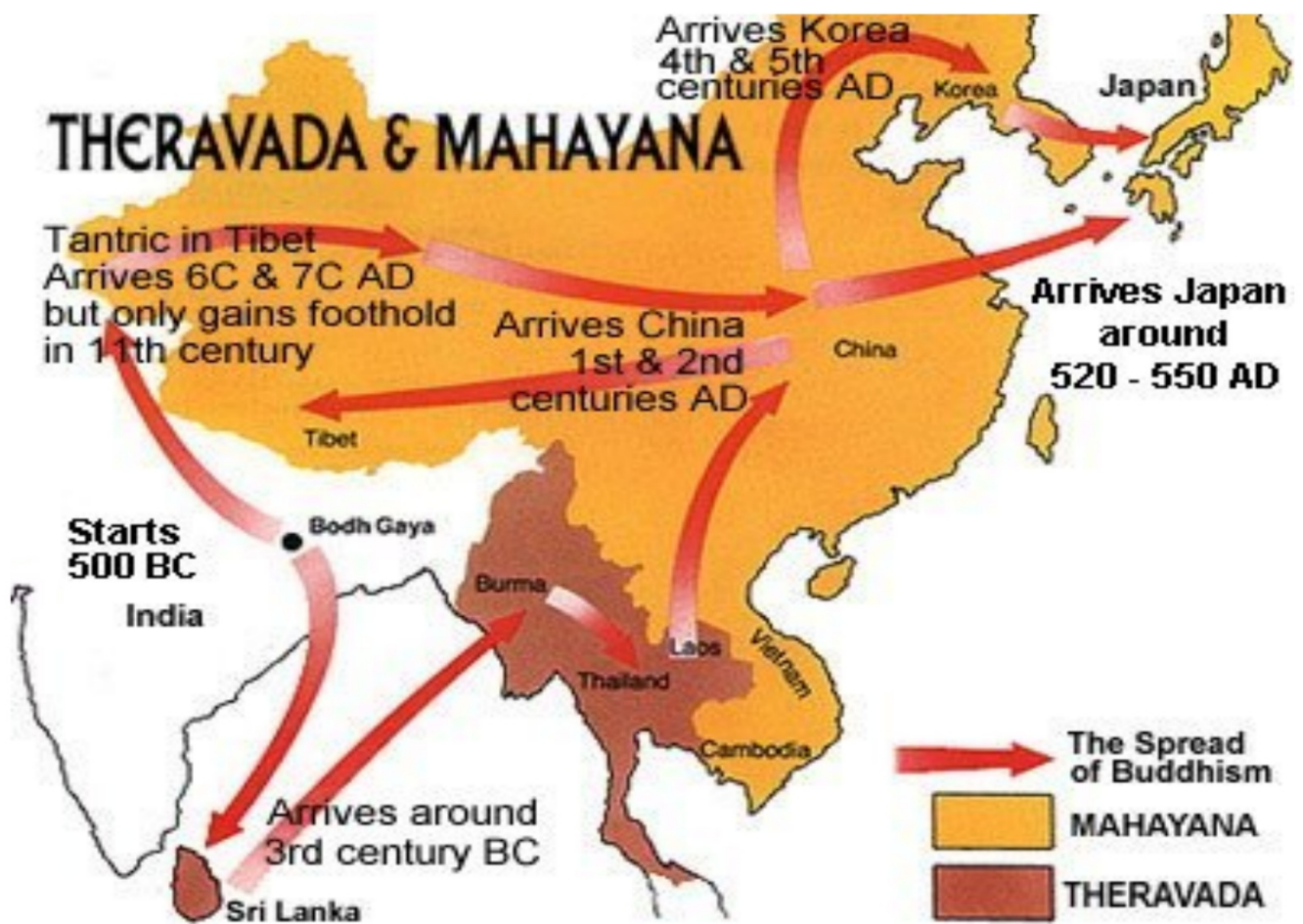
- ✿ The oldest school of Buddhism.
- ✿ The “Way of the Elders” or the “Small Vehicle.”
- ✿ Found in Southern Asia.
- ✿ The monastic life is the best way to achieve *nirvana*.
- ✿ Focus on wisdom and meditation.
- ✿ Goal is to become a “**Buddha**,” or “**Enlightened One**.”
- ✿ Over 100,000,000 followers today.



# Mahayana Buddhism

- ✿ The "Great Vehicle."
- ✿ Founded in Northern Asia (China, Japan).
- ✿ Buddhism "for the masses."
- ✿ Seek guidance from *Bodhisattvas*, wise beings.
- ✿ Goal: Not just individual escape from the wheel, but the salvation of all humanity through self-sacrifice of those enlightened few.

# THERAVADA & MAHAYANA





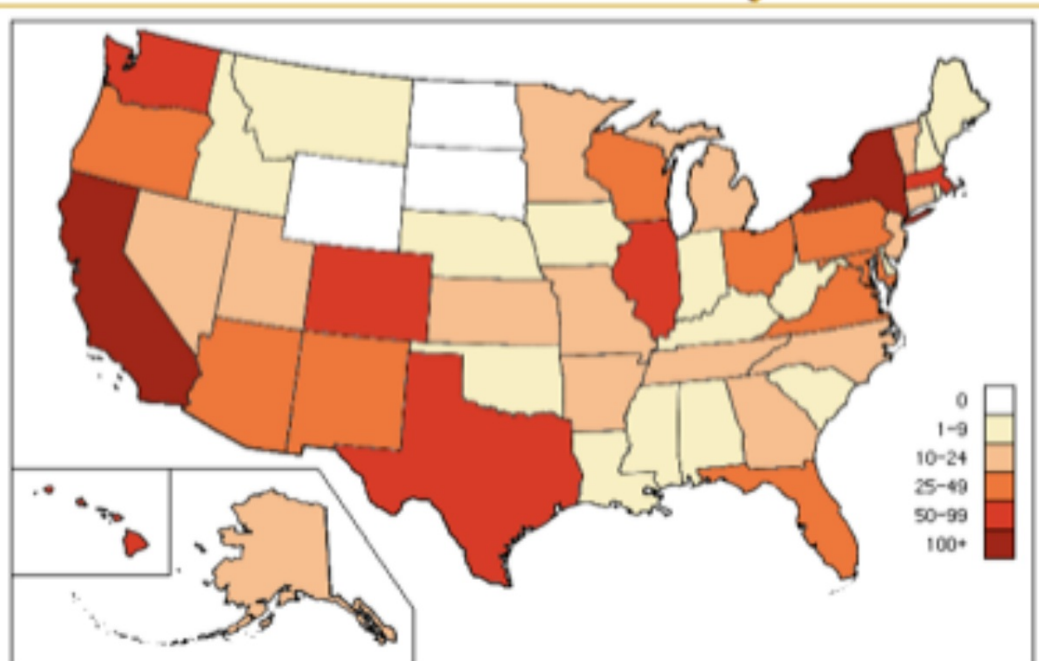
# Zen Buddhism

- ✿ The "Meditation School."
- ✿ Seeks sudden enlightenment [*satori*] through meditation, arriving at emptiness [*sunyata*].
- ✿ Use of meditation masters [*Roshi*].
- ✿ Beauty, art, and aesthetics:
  - Gardens.
  - Archery.
  - Tea ceremony.
  - Calligraphy.





## Distribution of Buddhism Centers in the US, 2001



Source - The Pluralism Project at Harvard University: Directory of Religious Centers  
<http://www.pluralism.org/directory>

© 2001

slider



-a spiritual gesture with the hands - or the whole body

## Mudras



### **Bhumisparsa Mudra**

Touching the earth as Gautama did, to invoke the earth as witness to the truth of his words.



### **Varada Mudra**

Fulfilment of all wishes; the gesture of charity



### **Dhyana Mudra**

The gesture of absolute balance, of meditation. The hands are relaxed in the lap, and the tips of the thumbs and fingers touch each other. When depicted with a begging bowl this is a sign of the head of an order.



## ***Bhumisparsha Mudra - Earth Witness***



## *Dyhana Mudra - meditation*





